

## **Collecting a family health history is easy!**

1. Collect a family health history from your mom and dad, brothers and sisters, kids, and grandparents. Then try to get health histories from your aunts and uncles.
2. Ask your family about:
  - Health problems they have or had
  - Age when the health problem started
  - Age and cause of death for family members who have died
  - Lifestyle habits (like if they smoked or exercised)
  - Ethnic background
3. Collecting your family health history is easy! Talk to your family, write down what you learned, and share it with a WIC dietician, your doctor and your family!

### **Ask your family:**

1. Does anyone in our family have diabetes, obesity or depression?
2. Has anyone in our family had a baby born more than 3 weeks early (pre-term)?
3. How old were our family members when they got diabetes or depression?
4. Have they made any choices to help control their diabetes? Like losing weight?
5. Does anyone in our family take medicine for diabetes or depression?

**Don't forget to answer these questions for you and your kids!**

**If you are worried about any health problem that runs in your family talk to your WIC dietician about what you can do to stay healthy.**

A FREE Toolkit is available to help you collect your family health history. It can be downloaded at [www.health.utah.gov/genomics](http://www.health.utah.gov/genomics) or ordered by calling 1-888-222-2542. (The toolkit is available in Spanish!)